

The Defender

Saint Michael's College

Student denied internship credit

Planned Parenthood at issue

By Paul Detzer & Tina Friml
Photo Editor & Social Media Editor

This summer, a senior student sought to obtain academic credit for an internship at Planned Parenthood. The non-profit organization provides reproductive health care, including contraception, cancer screenings, testing services for sexually transmitted diseases and abortions. St. Michael's College denied her the opportunity for receiving credit due to conflict with the Catholic mission of the college.

Erin Irons, '16, approached the Student Association (SA) whose mission is to represent student interests to the administrators of the college.

"I am a political science major and knew I wanted to go into some kind of policy work," said Irons. "[At this internship] I would go to Montpelier once a week and track bills as they go through the legislature." When offered the internship, a Planned Parenthood employee cautioned Irons that a St. Michael's student had attempted to obtain academic credit for this internship in the past. "The times have changed: it's been four years since the last internship was denied," Irons said.

"It's not anything about the quality of the work they do or the service they provide; for most of us," said Karen Talentino, vice president of academic affairs. "It's really about the respect that the Catholic college has to show to basic tenets and beliefs of the Catholic Church, especially right now, when Planned Parenthood had been so politicized."

The Catholic Church teaches that abortion ends life.

Irons contacted Jeff Ayres, the current dean of the college and former chair of the political science department. "He emailed me a week later saying that the higher administration just said no," Irons said.

SEE PLANNED PARENTHOOD PAGE 2

Student club protests three sexual assaults on campus



PHOTO BY PAIGE LEAHY

Lindsey Baldwin, '17, participates in a sexual assault awareness rally, held by the SMC Feminist Club, on Wednesday, Oct. 28 between the Alliot Student Center and the academic buildings at St. Michael's College. Baldwin is a member of the club on campus, whose main focus so far this year has been sexual assault. The rally was the first of many that the club plans to put on in the future.

By Lauren Friedgen
Managing Editor

The St. Michael's College Feminist Club held signs and chanted against sexual assault on Wednesday, Oct. 28, after three reported instances on campus this semester in a demonstration they called "Take Back the Knight."

Standing in solidarity in front of the academic buildings in a circle, they unanimously shouted chants such as, "two,

four, six, eight; stop the violence, stop the rape," and "it happens here at SMC; this is true it cannot be."

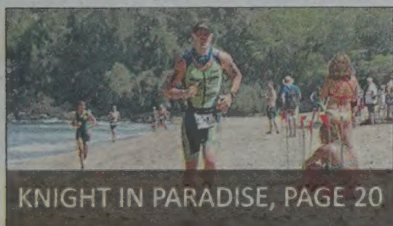
The rain did not stop the demonstration; they instead moved inside and walked through Alliot, where several students eating lunch showed their vocal support.

"We decided it was important to stage some type of demonstration to make sure that everyone was aware of the necessity to address the problem of sexual violence

on campus," said Micalee Sullivan, advisor of the Feminist Club and director of the Center for Women and Gender, in an email interview with the Defender. "The goal was to get people talking about this subject. We achieved that."

To find out more, the Feminist Club is hosting a panel on sexual assault at St. Michael's College on Nov. 12.

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Popularity of drones calls for reform



PHOTO BY SETH BOUDREAU

St. Michael's College Wilderness Program paddles down Mad River in Middlesex while Adventure and Environmental Film class gathers footage on Oct. 30. Photo taken from a drone.

By Seth Boudreau
Staff Writer

On Oct. 19, the U.S. Department of Transportation (DOT) released a statement announcing that they will assemble a task force to create a registration process for Unmanned Aircraft Systems (UAS), commonly known as drones. Drones are allowing recreational users, including students at St. Michael's College, to capture footage that only before could have been captured by professional CGI or helicopter tracking. The task force will include industry officials from The Association of Unmanned Vehicle Systems International, Academy of Modern Aircraft, Air Line Pilots Association, along with other stakeholder groups.

The report, to be delivered to the DOT from the task force on Nov. 20, will explain how registering drones will make U.S. airspace safer. The registration means the DOT can track a drone back to the owner if an incident were to occur.

According to the Federal Aviation Administration (FAA) there have been about 100 drone sightings each month in restricted airspace. A lot of these sightings happen when planes are landing at airports. Pilots have reported seeing drones just hundreds of feet from their aircraft. At the Burlington International Airport, there is a different story.

"We have not had any sight-

ings at BTV," said Kelly Colling, director of operations at the Burlington International Airport.

Incidents may include airline pilot drone sightings or even drones crashing on the Whitehouse lawn, which happened on Jan. 28. The operator of the drone did not face criminal charges. After the report is complete, drone operators will be fined if their aircraft is not registered.

Drones have become increasingly popular for novice flyers due to how simple and accessible they are. This coming holiday season the industry expects to sell nearly one million drones in the U.S., which is why the report must be finished by Nov. 20. A high quality drone can be purchased for anywhere between \$250 and \$10,000.

While the task force is fabricating a plan, the FAA will continue to educate drone users on how to safely operate their aircraft.

The FAA has teamed with industry associations to campaign their safety guideline program, "Know Before You Fly." This program specifies that in order to pilot a drone, the operator must stay below 400 feet in elevation, keep the aircraft within visual line of sight at all times, not fly within five miles of an airport unless the airport tower is notified before flying, and not interfere with manned aircraft operations.

The FAA designated "No Drone Zones"

that restrict people from flying aircraft in the airspace. When the pope visited the U.S. there was a No Drone Zone over New York, Philadelphia and Washington, D.C. from Sept. 22 to Sept. 27. The FAA said anyone caught flying a drone could face criminal charges.

Vermont Public Radio reports local Vermont towns have begun to examine whether they need to govern how citizens use drones. Westminster, Vt. town manager Russ Hodgkins has received two calls from residents claiming drones are flying over their properties. Town officials say

that it is something that we didn't need to be aware of five years ago, but need to be now.

"My drone has been able to allow much more smooth footage at low elevation and footage from a completely different angle at higher elevations," said Ross Henry, '17, who uses his quadcopter drone for outdoor recreational use. "A drone seems like a big investment, but for what you are getting it is actually pretty cheap. It is unfortunate to see that people abuse them, knowing that it could ruin it for the rest of us."



PHOTO BY SETH BOUDREAU

A photo of Seth Boudreau's drone taken over the Mad River in Middlesex, Vt. on Oct. 30.

PLANNED PARENTHOOD:

CONTINUED FROM PAGE 1

"When I inquired with the president's office, the president, Jack Neuhauser, said that at this time it would conflict with the mission of the college to have an academic internship at Planned Parenthood," Ayres said. "I respect Erin a lot, trying to pursue this, but that's where it stands right now."

Catholic colleges historically have made policy decisions on the basis of religion. Boston College, Notre Dame University, and Stonehill College do not offer credit for internships having to do with Planned Parenthood. Talentino who previously worked for Simmon's College, an all-women's institution, said that students could not intern at discriminatory organizations, especially if they had a record of poor conditions for women.

Irons contested the decision this fall, taking action with the help of the SA. The students wrote a letter and submitted it to President Neuhauser, along with the presidential cabinet and Ayres to request information regarding who made this decision, and what criteria or policies there were addressing requests similar to hers.

Shannon McQueen, '16, president of the SA, said that the letter asked for clear criteria for the internship process. This would save future students time and effort in avoiding internships that might conflict with the Catholic faith.

"I've been looking through the handbooks and I am yet to find an explicit written policy against it," Irons said.

The school does not have an official



PHOTO BY PAUL DETZER

Agnes Clift from South Burlington pickets Planned Parenthood on St. Paul Street this Sunday. After the completion of the 40 Days for Life campaign, Clift said she plans to sit outside Planned Parenthood every Sunday with a sign.

written policy, and there is a reason behind it.

"The problem is, you don't want to target just one place," Talentino said. "There are probably a number of other organizations that, all of us would agree, we would not want to have students do an internship."

"It's not a written policy. Ultimately it's the president's office still being mindful of Catholicism and Catholic policy," Ayres said.

St. Michael's College administration does not have a specific list of internships for which students cannot obtain credit, but there are also complications in cre-

ating official criteria for what would disqualify an organization from approval.

"You hate to draw fine lines, because there can always be exceptions. Whether or not there should be a general statement is something we should look into," Talentino said.

Ayres received an email from the

This summer and fall, Planned Parenthood had been in the news after a series of undercover videos surfaced from anti-abortion groups alleging that Planned Parenthood was selling fetal tissue for profit.

The limitation on student internships conflicting with the Catholic mission

Planned Parenthood is a political lightning rod right now."

-Karen Talentino



PHOTO BY PAUL DETZER

Erin Irons, '16, stands in her Canterbury Hall suite on Sunday. On the wall behind her hangs a framed inspirational quote.

higher administration informing him of the decision. "The fact that we are a Catholic college means we don't support organizations or institutions whose public missions or activities are potentially in conflict with the mission and Catholic traditions of our institution," Ayres said.

This is not the first time St. Michael's College has denied a student credit for an internship on the grounds of its Catholic mission. In early 2011, St. Michael's College administration informed senior Samantha Culver, '11, that she would not be allowed to receive academic credit for an internship at Planned Parenthood. Four and a half years later, with a new dean and a new pope, Irons said she hoped the college would reconsider.

Talentino said that even though Planned Parenthood offers a wide variety of services past abortion and contraception, it is still most credited and distinct for those particular services. The flurry of controversy surrounding the organization in the government lately only adds to the opposition of the college's sponsorship of the internship. "Planned Parenthood is a political lightning rod right now," Talentino said.

extends to other aspects of St. Michael's as well. The college does not invite commencement speakers or have honorary degree candidates who are very actively involved in pro-choice movements.

On Thursday, the St. Michael's College administration ultimately denied the appeal from Irons and the SA. "No one ever notified me that the decision was no," Irons said. "I had to hear from Shannon McQueen after asking President Neuhauser point-blank for an answer."

Irons said she aimed to justify her request in her letter to the administration. "The school has a full fledged relationship with the hospital, which provides abortions and also provides birth control. And the school won't get rid of this relationship any time soon," Irons said.

As for where to go next, Irons plans to spread the word of the college's decision.

"We've talked about sending our letter out to Seven Days and the Burlington Free Press as an opinion editorial," Irons said. "We won't let the SMC administration try to sweep this conversation under the rug."



PHOTO COURTESY OF KATE MESSITIDIS

Love Your Melon Ambassadors clockwise from left, Sarah Morse, '16, Danielle Casey '17, Julia Morrison '17 and Kate Messitidis '16 surprised Alison Pyle, age 3 at her home in South Burlington on Love Your Melon Day, Oct. 22.

Battling cancer with hats

By Maddy Caron
Staff Writer

On Oct. 22, ambassadors from the St. Michael's College Love Your Melon (LYM) Chapter surprised Alison, a three year old in remission from a brain tumor.

"She didn't have any idea that we were coming over," said Kate Messitidis, '16, LYM publicity manager. "We brought books, stickers, and a hat!"

Love Your Melon is a non-profit orga-

'16, the LYM secretary and Messitidis.

Oct. 22nd marked the three-year anniversary of LYM, allowing for all college LYM chapters to visit a child with cancer.

"Normally we would have to get 100 credits to do a visit, but since it was Love Your Melon Day, they let all the chapters go," Rajotte said.

In order to get 100 credits, St. Michael's LYM chapter would have to sell 100 items from LYM's official website. Once that mark is surpassed, the LYM

“She didn't have any idea we were coming over. We brought books, stickers, and a hat!”

-Kate Messitidis, '16

nization that provides financial and moral support for children battling cancer – in addition to a Love Your Melon hat. Two college students, Brian Keller and Zach Quinn, started LYM three years ago at the University of St. Thomas in St. Paul, Minnesota. Through the online sale of hats and other merchandise, the organization donates LYM hats to kids with cancer and donates half of the profit they make to The Pinky Swear Foundation and CureSearch. St. Michael's is one of 215 colleges in the United States participating in this non-profit organization.

Love Your Melon was brought to St. Michael's by Abby Rajotte, '16, who was inspired by a friend who was already immersed in the organization. Rajotte currently serves as captain of the chapter.

"I came home from abroad and my friend from Boston College told me all about it," Rajotte said. "I thought it was unbelievable and knew I wanted to get it started at Saint Mike's."

Rajotte runs the St. Michael's LYM chapter alongside Meggie Burns, '16, who serves as vice captain, Sarah Morse,

Crew will send the chapter contacts at local hospitals where they will visit and give out the hats while dressed in superhero costumes.

With 250 credits and over, they are allotted 'adventures' which can include anything from a simple ice cream trip or baseball game to a helicopter ride. St. Michael's is at 81 credits as of last week.

According to Rajotte, LYM is not an official club on campus, but rather "the SMC Love Your Melon Chapter." Therefore LYM at St. Michael's gets no funding from the school because they are not technically a club.

"We don't really need it because we're all about selling items – and the more items we sell, the more funding that Love Your Melon can give us," said Burns.

With only a few weeks under their belt, the St. Michael's LYM chapter leaders are already feeling the impact they are making.

"Alison was just so excited to play with us, she was smiling the whole time," Messitidis said.

Efficiency Vt. sparks discussion

By Ross Henry
Staff Writer

As geothermal well drilling commences across Route 15 for the construction of the new apartment building on campus, Tim Perrin, account manager at Efficiency Vermont, delivered a timely presentation at St. Michael's on Tuesday, Oct. 27. Perrin discussed the incorporation of sustainable developments in the new residence hall and how the college is progressing overall with its energy efficiency.

Founded in 2000, Efficiency Vermont has been assisting St. Michael's for the past decade in maximizing efficiency of its electricity use.

"The school has been extremely diligent on practices and updates to make the school more efficient," Perrin said.

Although the college has grown significantly and the student population has increased since 2005 when the school began partnering with Efficiency Vermont, less energy is being consumed now than was ten years ago. If St. Michael's had not invested in more efficient practices, it is estimated that the school would currently be using 15 percent more energy.

Perrin was complimentary of St. Michael's geothermal heating and cooling initiatives in the Dion Family Student Center, and in the new residence hall under construction.

"With the use of geothermal in Dion, even on the coldest days of winter the heat from below the ground keeps the building so warm that the school rarely needs to turn on the furnaces," Perrin said. This results in huge cost savings for the school.

Efficiency Vermont calculates that recent appliance updates, refrigeration, lighting, and insulation improvements, and the integration of renewable energy sources amount to a total savings of \$341,594 for St. Michael's. Perrin, who works closely with companies like Cabot and Ben & Jerry's, said he firmly believes that the savings will increase as efficiency work continues.

A \$350,000 project currently underway, one of the biggest energy initiatives

yet, involves changing the incandescent bulbs in the street lights on campus to LED or fluorescent bulbs.

"Fluorescent bulbs consume one-fifth the energy and have seven times the lifespan," Perrin said.

"I had no idea about all of the various projects, like the lighting conversion project, happening on campus to make the school a more energy efficient campus," said environmental studies major Calvin Aham, '17. "I think that if more students knew these types of projects and conversions existed, there would be more students that want to get involved and participate."

"The administration has done an incredible job in making big energy efficiency changes, especially with the geothermal heating and cooling that was installed in Dion, and currently being installed for the new residence hall," said Greg Delanty, professor of English at St. Michael's. "However, I think a majority of the students and faculty have no idea of how great a job the school is truly doing." In 2007, Delanty founded the Environmental Council, which is the only environmental group on campus comprised of both students and faculty.

In the future, Delanty hopes to see more projects integrating solar panels being installed at the school. Delanty echoed the words of Aham, saying he would like to see students more informed in the future about efficiency projects being done at the school. With more students informed, there can be greater campus support and involvement in making St. Michael's a more efficient school.

As Perrin's talk came to a close, he called on the students to be actively involved, saying "Not all projects to make the school more energy efficient have to be \$300,000 projects. Often times it's the students becoming aware of their own habits, and identifying areas for improvement. Sometimes the best and most cost effective answers are to simply turn the light off when leaving a room."



PHOTO BY MEGAN BENSON

St. Michael's College solar panels create renewable energy Tuesday, Oct. 27. St. Michael's is recognized as one of the Top 50 Green Colleges according to the Princeton Review.

Canada changes direction after grueling election

By **Torin La Liberte**
Online Editor

After Canada's longest campaign cycle in history, the people have chosen a new Prime Minister. Justin Trudeau a Liberal, was sworn in Wednesday.

This election was a big one for Canadian politics, in more than just the change of power. Trudeau's Liberal Party gained an overwhelming majority, now holding 184 seats in the 338 seat House of Commons, after holding only 34 seats from the 2011 election. On the other hand, the Conservatives, once led by former Prime Minister Stephen Harper, lost 67 of their 166 seats to lose the majority and to become the Official Opposition.

"In Canadian politics, there are five parties that hold seats in the House of Commons: three major political parties, the Liberals, the Conservatives and the New Democratic Party, and two smaller parties, the Bloc Quebecois and the Green Party," said Dean Jeffery Ayres, who teaches a class on Canadian politics at St. Michael's College.

"In Canada, there are 338 ridings, or voting districts," Ayres said. "Citizens vote for member of parliament from their riding, and whatever party wins the most ridings selects their leader as the Prime Minister."

According to Ayres, this was the first time in Canadian politics that a party who was neither the majority nor the official opposition won control of the government. The former official opposition, the New Democratic Party (NDP), lost 59 seats and fell into third.

"Voters abandoned the NDP in favor of the Liberals," Ayres said, adding that the Liberals are looking at returning Canada to more of a peacekeeping power in the world, eschewing the more active stance Harper's government pursued.

The change in regime may affect the relationship Canada has with their international partners.

"Trudeau has already said Canadian forces will stop participating in military operations in the Middle East, and will also withdraw from the contract to purchase F-35s," said Mark Brawley, political science professor at McGill University in Montreal, in an email with the Defender.

Liberals are also less interested in the recently formed Trans-Pacific Partnership (TPP), which will open up trade among much of the Pacific Rim countries.

"The Liberals are definitely not as enthusiastic about the TPP as the Conservatives were, so Canada's position on this might shift as well," Brawley said.

Trudeau is also a strong supporter of the embattled Keystone XL pipeline,

which President Obama has opposed.

How this plays into the United States presidential race has yet to be seen, but it may not even come up. Brawley de-

scribed Obama and Harper's relationship as "frosty," and Ayres noted that in his eight years, Obama went to Ottawa once, for one half day.



PHOTO BY SHANNON MCQUEEN

St. Michael's students visit the Canadian Parliament during their field trip to Ottawa last month.

From conflict overseas to peace in the mountains, rivers and cliffs

A profile on wilderness program director and Persian Gulf War veteran, Todd Wright



PHOTO BY KIM MACPHAIL

Wilderness Program Director Todd Wright, '95, is a Persian Gulf War Veteran.

By **Alex Boghossian**
Staff Writer

Most students know Todd Johnstone-Wright as a professional wilderness guide and outdoor sports professional, but few know him as a war veteran. "I don't like to advertise it in any way," Wright said. "If it wasn't for my veterans license plate, you would probably never know I was a former infantry soldier."

Wright, 43, is an alumnus of St. Michael's College, '95. Living in Under-

hill he understands the level of outdoor opportunity the surrounding area provides. He holds an impressive number of outdoor adventure certifications, including American Canoe Association Advance Open Waters Instructor Level 5, White-water Instructor Level 4, Surf Kayak Instructor Level 4, and a SOLO Wilderness EMT. He graduated from the Army Mountain Warfare School which turned Wright on to the outdoors.

"I developed a passion for mountain climbing and other outdoor sports

through the program. Once I got to college I decided to work as a professional rock and ice climbing guide, along with being a full time student."

During the Persian Gulf War in the 1990s Wright served as an infantryman in the U.S. Army, Third Infantry Division. Recently, he mused about how mountain activities were helpful in readjustment to life outside of the military.

"One thing about being in the military is very few peripheral things matter especially in combat zone," Wright said. "Everything is right on the line and there is no way to replicate that in a civilian world. One thing adventure sports do for you is give that clarity of life. There's a level of intensity that you can't replicate back home. You can't get that from the job you go back to whether its swinging a hammer, working in the wilderness program or working on cars, nothing will ever fill that."

Wright has been able to take on new perspectives and skills from the military and apply them to everyday life as the wilderness director. "I look at what is achievable and then I accomplish those tasks," Wright said. "It's also adaptability. That's kind of a cornerstone of the U.S. military.

Adapt and overcome and I think that's something you can apply to out-of-the-box problem solving."

Like many other veterans, Wright's experiences overseas changed his outlook on life post-military. "My perspective is no day is a bad day because I've already experienced worse days so that's the lens I look through," Wright said. "I definitely change the things I invest emotional energy into because I have a clear line to things that matter and things that don't."

Though Wright doesn't experience PTSD, he believes it is a broad issue in need of more attention and that readjustment back to life in the civilian world comes with its challenges for vets.

"One of the challenges with military service, particularly a military service that involves combat deployments, is that you take your whole moral structure and changed it," Wright said. "Most of the time, the focus of the job runs contrary to the 'thou shall not kill.' I think outside of PTSD, the moral complexity is one of the big struggles for folks. We are really good at sending people off to war. We are really bad as a society managing them when they return."



Wilderness women climb to new heights

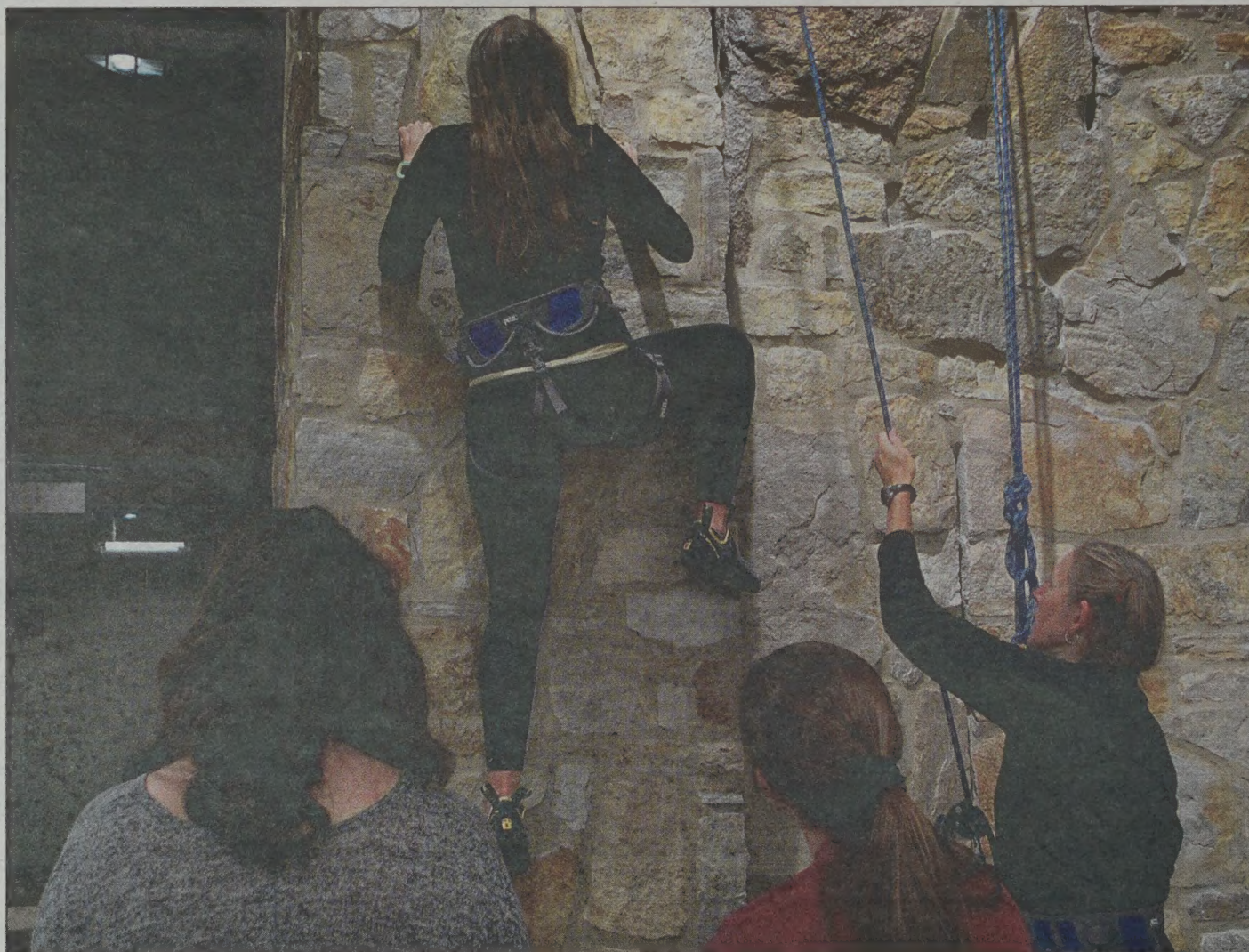


PHOTO BY AMELIA WEEKS

Marissa Ford, '19, ascends the Tarrant Rock Wall on Thursday, Oct. 29 with the help of Meghan Lynch, '16, Emily Joyce, '19, and Patricia Siplon, professor of political science (from left to right).

By Amelia Weeks
Staff Writer

Hanging off the side of the Tarrant Rock Wall, searching for a foothold, Jordan Mathieson peered down and saw four other women cheering her on. Mathieson, '18, reached to a rock to secure her hand, and continued working her way up the wall. This was her first time participating in a women and non-binary program, a series of wilderness trips designed to build confidence through a supportive and encouraging environment.

"Knowing a girl was helping me through it was really encouraging, she made me feel really good about myself," Mathieson said after finishing her climb on Oct. 29 during the women's and non-binary night at the Tarrant Rock Wall.

For more than 15 years, the Wilderness Program has offered special trips for women and non-binary individuals (those who do not identify as male or female) in an effort to create a comfortable setting in what often seems like a competitive activity. However, many students do not know the programs exist. "It was important for me to work on extending the number of programs that they offer for women and non-binary individuals," said Michael Sullivan, the director for the Center for Women and Gender.

The impetus to offer these trips stems from the understanding that wilderness activities tend to be done more

frequently by men. According to the Outdoor Foundation reports, a non-profit established to promote and inspire outdoor enthusiasts, from 2009 to 2013 there has consistently been at least eight percent less women than men participating in outdoor activities.

"Even going into the wilderness office, wanting to sign up for a trip, and seeing a women's trip for rock climbing can be more appealing. As a women's only trip, it's a little bit more relaxed," said Sophie Adams, '18, who attended a recent all-women's climbing trip.

"These trips are an extra service, it is not to discourage women from participating in sports with men, but if you can offer it then why not?" said Sullivan.

“There is a perception among newbies that it's all about strength, which it actually isn't.”

-Patricia Siplon

Having personally participated in a climbing program last year through the Wilderness Program, Sullivan has made having a consistent program for women and non-binary individuals a priority. "It was an overwhelmingly positive experience," Sullivan said. It also serves as a way to integrate the Center for Women and Gender more with the rest of St. Michael's College.

"There is a perception among newbies that it's all

about strength, which it actually isn't," said Patricia Siplon, professor of political science at Saint Michael's College as well as a Wilderness Program Instructor.

"Strength is helpful, but it's also a lot about flexibility and strategy. Men tend to have more upper body strength and it can be intimidating for women to watch them just muscle their way through. When I started it was much less overwhelming if I was able to do it in a really female-friendly environment. It didn't feel competitive, I didn't feel as if my strength was being judged, and so I think especially for people that are new to it, it's really important to have that opportunity," Siplon added.

Rock climbing tends to be an activity where women excel. In fact, the two most recent Wilderness Program climbing coordinators have been women. "It's worth noting that there are some inherent advantages that women have when climbing. Women frequently are more flexible, specifically in our hips. I don't think being small is a disadvantage; the lightness and coordination are often strengths," Siplon said.

SEE WILDERNESS, PAGE 8

By Kaylee Sullivan
News Editor

Crunched over your desk, a pile of books is stacked high in front of you. Your pen rests lightly in one hand but your other is jammed to your forehead. The mid-semester slump has arrived and you'll take any chance you can to escape.

Slowly but surely, your mind drifts off and you're no longer sitting in that uncomfortable wooden dorm room chair. Instead, you are soaking in the Chilean sun with your host family, sitting by the canal in Copenhagen enjoying a danish, or relaxing on your balcony reveling in the Italian air with your roommates. Life never seemed so good.

Daydreams such as these are common for students who recently studied abroad. Almost every experience abroad is life changing, and it can be hard to readjust back to campus life upon returning. According to Kathleen Butts, director of personal counseling at St. Michael's, students often return feeling as if they have changed, but the college has stayed the same. Students are likely to feel nostalgic for their study abroad experiences when they are tired and stressed, Butts said.

Whether you are a returnee or getting ready to spend a semester abroad, here are some of my tips for dealing with nostalgia as the mid-semester slump kicks into gear.

1. Trust that readjusting takes time.

Be patient with yourself and with others. Peggy Imai, director of study abroad, refers to the readjustment process as a "growth spurt." Imai said, "I don't consider it a problem, it's a natural progression for growth."

2. "Facebook creep" yourself. Look at your study abroad album on Facebook and fantasize a little bit for a short distraction.

3. Embrace your nostalgia without getting stuck in it. Thinking about your experiences and talking with your study abroad friends can be extremely resonating. However, do not overdo it. Cure yourself with a feel-good flashback and then move on by engaging yourself with your school friends.

4. Get out there. While St. Michael's has a lot to offer, get off campus. Join a local organization, take a bike ride by the lake or simply take a stroll down Church Street to ease your mind.

5. Text a study abroad friend. Whether it is the friends you studied abroad with or the people you met abroad, stay in touch! When Meggie Burns, '16, receives texts from the friends she studied abroad with in Chile, reminding her about fun times, her day is instantly brightened. "I don't get homesick, I get abroadsick," said Burns. Staying in contact with the people who shared her experience make "abroadsickness" easier to cope with.

Study abroad nostalgia: Moving forward by looking back



PHOTO BY PAUL DETZER

Waves crash on Byron Bay, New South Wales, in February 2015. Paul Detzer, '16, captured this photo during his semester abroad in Australia last spring.

6. Change your expectations.

Know that you may look at things differently now. "Not expecting things to be the same is important. You've changed, and your friends have changed," Butts said. You simply cannot expect everyone to understand, and that's okay.

7. Be curious about the experiences of other students. You may feel like no one wants to hear your stories because no one else truly understands the experience. Instead, ask your friends about how their semester went at school and what exciting things they've got going on.

8. Pick up a pen. Professor Kimberly Sultze teaches a study abroad re-entry travel writing course available to all returnees. Erin Murphy, '16, took the class in the spring of 2015, after studying abroad in London last fall. "I loved being in this class because it allowed me to be free in talking about my experiences, with people who had also been abroad," said Murphy.

9. Reach out early. Personal counseling at the Bergeron Wellness Center, Imai, and many others are always available to chat. Attend a returnee dinner or gathering that Imai puts together every semester. Don't be shy! They're nice people, I swear.



PHOTO COURTESY OF MEGGIE BURNS

Meggie Burns, '16, enjoys dinner with her host parents, Juel and Vicki, and her host siblings, Tito and Karen, in Temuco, Chile, in Spring 2015. Burns' host family is Mapuche.

Readjusting and dealing with nostalgia is a manageable process that is different for everyone. "A motivation for getting students together is to let students know that nostalgia is not a problem," said Imai. The important thing to know is that it is something to be embraced, not feared.

For Burns, these waves don't just come in flashback fantasies, but in her

sense of smell too. "Last week I opened a bag that I had brought there, and I instantly smelt Chile." Random happenings such as this give students a chance to look back, giving them a token of inspiration to keep moving forward.

Waves of nostalgia will come and go, which is a good thing, because it means you'll never forget your study abroad experience.

History professor gives voice to silenced Chinese protest

By Corinne Duffy
Staff Writer

As a new professor at St. Michael's College, it is no surprise that Rowena He's office is rather empty. At a closer glance, it is clear that her interests have nonetheless wound their way into her space, as her shelves are lined with an assortment of books. She speaks quickly, but animatedly, with a heavy Chinese accent. After studying in China, He earned a M.A. and a Ph.D. at the University of Toronto. Most recently, she worked as a Professor at Harvard University, where she published her book, "Tiananmen Exiles: Voices of the Struggle for Democracy in China," in 2014.

You are an expert on studies of the Tiananmen Movement in China. How did you become interested in that topic?

My passion for research and teaching is inseparable from my personal experience. In the spring of 1989, millions of people filled the streets all over China demanding political reforms. The peaceful movement ended with the People's Liberation Army firing on unarmed civilians before the gaze of the entire world. More than 200,000 soldiers, equipped with tanks and AK-47s, participated in the military crackdown. Even today the number of death and injuries on that fateful night remains unknown.

Did you participate in the movement? What do you remember?

I participated in the Tiananmen Movement as a teenager – you are a sophomore now – I was a little bit younger than you are. The day after the Massacre when I went to school wearing a black mourning armband, my teacher told me "if you don't take that off, no one can protect you from now on." I removed the armband reluctantly. I had no choice but to recite

the official version of events in order to pass exams. I didn't want to be expelled from school; and I didn't want to go to jail. Like many of those of my generation, I learned to lie to survive.

At what point did you leave China?

After I graduated from college, I had a successful career in the financial industry. However, the shadow of Tiananmen remained in my mind. When Canada opened immigration opportunities for young professionals, I immigrated to Canada in 1998 and applied for graduate school two years later. I was admitted as a Master student by the University of Toronto in 2000.

When did you start writing your book?

It was during my seven years at Harvard that I created and taught my courses on Tiananmen and its aftermath and published my book "Tiananmen Exiles," which has since been used as a required text in schools such as University of Pennsylvania, University of Hong Kong, and Harvard University.

Why is it important to study what happened at Tiananmen today?

Citizens learn their responsibility for their country's future in part by debating the moral meaning of history. While memory can be manipulated and voices silenced, repression of memory and history is always accompanied by political, social and psychological distortions. Tiananmen remains today a political taboo in China, banned from classroom and media discussions. Meanwhile, an official version of the events has been created and enforced by the Beijing government



PHOTO BY TINA XU

Rowena He smiles for a portrait at Harvard University in Boston, Mass. Tina Xu took this photo during He's last days at Harvard this July.

through campaigns on all fronts ever since 1989. The younger generation in China knows little about the 1989 events. The subsequent Chinese government repression of memory and distortion of history has profound implications for Chinese society.

What do you want to share with your students about what you experienced?

I want my students to understand that things they may be taking for granted are things that people in other corners of the world have been struggling with for generations, paying the price of lives and freedom that they still haven't got. Don't take freedom and democracy for granted. I believe that civic engagement should have an important place on every college

campus and that teaching happens beyond as well as in the classroom.

Do you think St. Michael's College will be a good fit for you?

St. Michael's shares the concern for social justice, embraces values of liberal arts, and encourages students to be critical thinkers, all of which are deeply rooted in my own teaching, research, and service. My understanding of our community is that we do not just study the world with detachment; we care. We want to make the world a better place and we help our students to be informed world citizens.

All these years I've cherished the dream of recovering and empowering the voices that were violently silenced by guns and tanks in 1989. I have tried to raise public awareness of social justice and human rights issues by speaking and publishing outside the academy. St. Mikes will provide me a home to do all of this because of what we collectively share as a community.

Like many of those of my generation, I learned to lie to survive."

-Rowena He

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Behind the pressing: Burlington record plant



Ultimate Frisbee wins Halloween tourney



Spirituality on campus: diversity is out there

Archivist preserves spirit of St. Michael's

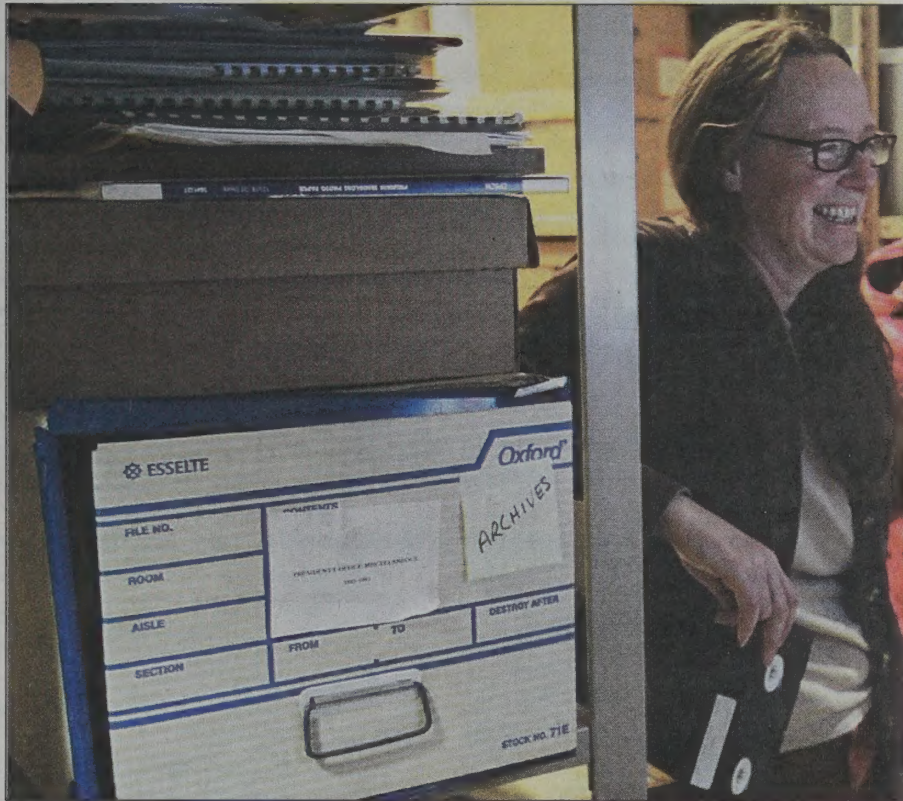


PHOTO BY KIM MACPHAIL

Archivist Elizabeth Scott laughs while watching an old St. Michael's college promotional video from the 70s in the college archives Friday Oct. 30. The Archives are located in the basement of the Durick Library of St. Michael's College.

By Audrey Sinclair
Staff Writer

At the end of a winding, warmly-lit hallway in the basement of the St. Michael's College library is a hidden room full of records and relics pertaining to the school's 111 year-long history. Although being locked away in a place like this doesn't seem like the ideal occupation for most people, archivist

Elizabeth Scott thinks otherwise.

"Being able to spark interest in students and watch them pursue specific topics is really cool for me," Scott said. Scott helps about 50 students per year with research projects, senior theses, and general interest inquiries.

"She's great with people, and charming," said John Payne, director of Durick Library.

Technology has given students the abil-

ity to read books, magazines and newspapers online, but Scott explains how this exclusive section of the library offers students valuable information that can't be found anywhere else. This information comes in the form of artifacts, videos, newspapers, and other primary sources relating to the history of St. Michael's College as well as the Society of Saint Edmund and Fanny Allen Hospital.

According to Scott, her favorite part of her job is unearthing all the stories buried in the dust-covered boxes lining shelves that exceed eight feet in height and 2,700 feet in length. "There are so many [stories] just waiting to be discovered," Scott said.

Items like a 50 year-old hockey helmet in a glass case or an old box of cassette tapes sit on these shelves, waiting to be explored. According to Scott, the oldest items in the room are arrowheads dating back to 800-1000 A.D. that were found near St. Anne's Shrine in Isle La Motte.

Aside from being the college archivist,

a master's degree in Library Science at the University of Kentucky in Lexington, Ky.

Even though the packed room in the basement looks filled to the brim, Scott continues to collect new information from the school's offices, such as the President's and Vice President's Offices, and from St. Michael's alumni. She receives recent information to be filed for the future, and alumni contact her if they find any old papers, brochures, or other valuables.

Jennifer Purcell, associate professor of history, used the Edmundite Society's primary sources to research World War II for one of her honors classes as well. Her class discovered many photos and artifacts that they later published in the St. Michael's magazine.

Anyone, not just history students, can schedule an appointment with Scott to get a look at the materials she has in the basement. "She's great with students because she's intellectually curious and tenacious yet very humble," Payne said.

“There are so many [stories] just waiting to be discovered.”

-Elizabeth Scott

Scott is a member of the college art committee, manages the special collections and rare books in the library, and works as a reference librarian. Scott also teaches the Introduction to Archives course at St. Michael's.

Scott, who grew up in Connecticut, focused on history and religious studies during college, and worked with archivists during her senior year of her undergraduate study. She received a Bachelor's degree in history at the College of Wooster and a Master's degree in Religion at Yale University. After being inspired by her previous exposure to archiving, Scott pursued

It does help to have a specific topic of research in mind before scheduling an appointment. "It could probably be overwhelming if you had no idea what you were interested in [before stopping by]," Scott said. "But I think any student could come down here and learn an awful lot about St. Mike's history."

Scott's role of educating the St. Michael's community is appreciated by some but goes unnoticed by most. "Without her, we wouldn't have a sense of who we are as a campus," Purcell said.

WILDERNESS:

CONTINUED FROM PAGE 6

"It's not uncommon for women to feel a lot of pressure to try to keep up, and when people are feeling stressed and pressured, that is the time that it's really common that you have accidents or slips," Siplon said.

The balance between men and women on Wilderness Program trips tends to be fairly even despite having more opportunities for women to sign up. "Historically in the outdoor industry, there has been a push over the last 15 to 20 years to offer trips oriented towards women to try to increase participation in technical outdoor pursuits. I would say here at St. Michael's we see a pretty

even gender split on most general trips," said Eben Widlund, assistant director of Wilderness Program.

"I'm totally for women and non-binary trips. I don't think guys care that there aren't men-only trips because we're not intimidated in the same way by girls being too competitive," said Shawn Roseen, '18, instructor for the Wilderness Program.

In recent years, women and non-binary trips have usually been offered twice a semester, along with approximately 40 coed trips. Most women's and non-binary trips are either climbing or hiking. "We focus a lot on climbing, because next to hiking, it is our oldest standing technical program, and it is where we have the broadest and deepest array of staff," Widlund said. "In

years past we've done women's specific hiking, rock climbing, ice climbing. We've got a women's ice climbing trip scheduled for February. We've also held women's specific climbing nights at the wall in Tarrant."

The women's climbing nights at Tarrant were initiated in 2011 by female wilderness staff. "Almost everything we do has been prompted by students saying 'hey we should do this'. We'll try anything... within reason," Widlund said. The Wilderness Program's trips for women and non-binary individuals will be expanding by collaborating with the Center for Women and Gender.

Patricia Siplon, right, professor of political science, belays Marissa Ford, '19, during the women and non-binary climbing night on Thursday, Oct. 29.



PHOTO BY AMELIA WEEKS



Winooski: Little city, big flavor



PHOTOS BY MARIANNA NOWACKI

Top: Kaithlyn Butler, '14, sips on a maple latte from Scout & Co.

Bottom: Waterworks Food + Drink creates a modern yet rustic atmosphere overlooking the Winooski River.

By Marianna Nowacki
Design Editor

Recently called the 'Brooklyn of Burlington' by the Montreal Gazette, Winooski has quickly transformed from what it was when I began school at St. Michael's in the fall of 2012. At that time it was right on the cusp of transforming from being 'Burlington's poorer neighborhood' according to a story from VPR, to becoming the vibrant town it is today.

Exactly a mile away from campus, it is an easy walk, bike, or bus ride down the hill to the small town that is now bustling with innovative eateries, bars, boutiques and music venues.

Follow me on my journey through an evening in Winooski. The total walking distance between the businesses below is 0.4 miles. After getting out of class any day of the week or when you have time on the weekend, head into Winooski and explore all the hidden gems.

1 Birdfolk Collective 3:30 p.m. 17 E Allen St.

Start your afternoon exploring a small boutique, Birdfolk Collective, which Nicole Carey opened this past May via a Kickstarter. It's a small store, with a wide range of handmade goods from independent and local designers. Items include eclectic gifts, clothing, lip balm, jewelry, decorations, among other practical things like soap and knives.

2 Waterworks Food + Drink 4:00 p.m. 20 Winooski Falls Way \$\$\$

After exploring Birdfolk Collective at the top of the Winooski Circle, take a scenic walk along the Winooski River, nestled between early 20th century mill buildings. For a pre-dinner drink, try Waterworks.

Nestled into the riverfront, sits Waterworks Food + Drink on the lower level of Champlain Mill No. 4, which was built in 1912 as part of American Woolen Company's expansion. Opened in December 2014, the interior of Waterworks plays upon this industrial history with its modern, yet rustic atmosphere. With a creative, 'New American' menu, Waterworks has quickly become a go-to place in Winooski to grab a bite to eat with family or a local craft beer or innovative cocktail with friends.

Sitting at the bar, located in the center of the dining room, you get a fantastic view of the open kitchen, the cozy sitting areas with couches, as well as the Winooski

River flowing practically under the building.

For an aperitif, try Cascade Winds, one of Waterworks original cocktails. Served in a chilled tin mug, Dobra Tea's 'Eastern Winds Blend' is mixed with Luksusowa Vodka, fresh lemon juice, fresh pineapple juice and a ginger garnish.

Not looking for a drink? Waterworks has a great selection of appetizers to share from flatbreads to pork meatballs to garlic hummus and naan.

3 Misery Loves Co. 5:00 p.m. 46 Main St. \$\$

A fan of inventive (and maybe even a little weird) American/ethnic fusion foods? Misery Loves Co. is the place for you. With limited dining room space, act fast to get a seat especially if you're going in large numbers. Reservations can be made in advance.

Misery Loves Co. opened in 2013 and focuses on creating a new dining experience. Upon entering, you are greeted with an open kitchen, where you can see all of the food being prepared, and a view of the bar. Walk through this area and to the left is the intimate dining room with a clean modern atmosphere, furnished with black wooden tables and chairs surrounded by white walls.

You can order a variety of small plates to try different options like goat loin, hanger steak or scallops, or share a large dish with friends: pick a meat (fried chicken, braised short ribs or smoked prime rib) and it comes with starters and the choice of two sides. All food is locally sourced, so the menu changes often.

4 Scout & Co. 6:45 p.m. 1 E Allen St. \$\$

On the Northeast corner is Scout & Co.'s second location since opening in 2014. They recently opened a third location Burlington's South End.

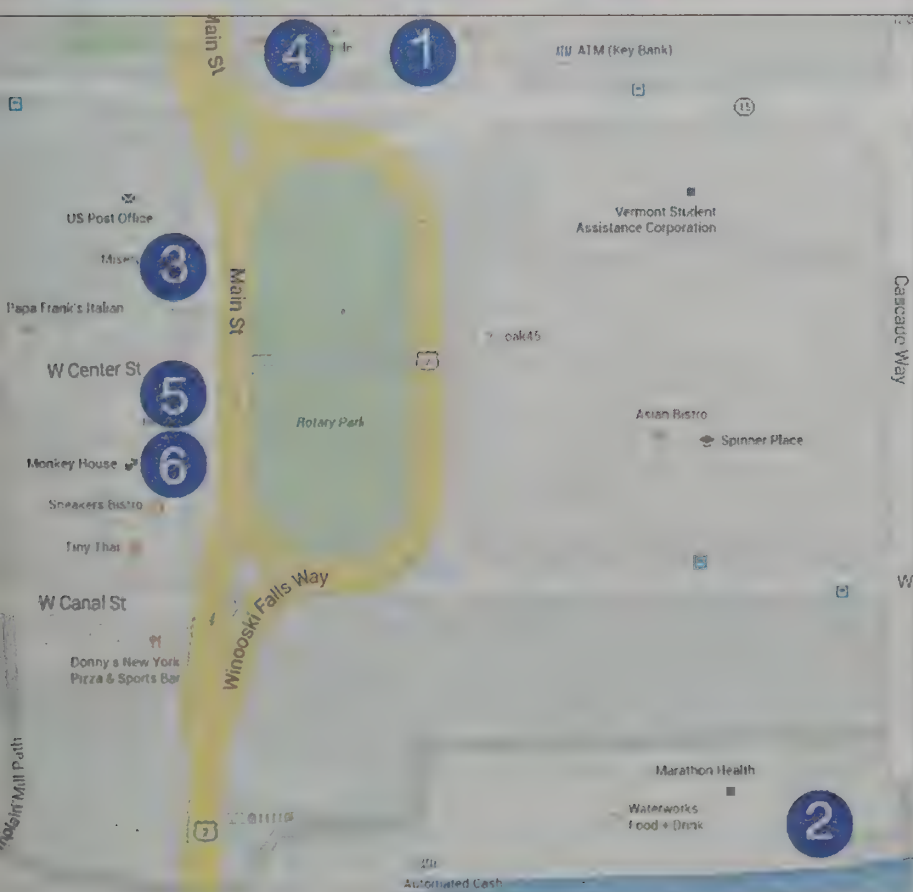
After dinner walk 100 yards up the circle for a mean maple latte or to grab a cone of avant-garde ice cream for dessert. Flavors vary weekly as they are supplied from local creameries like Kimball Brook Farms and Kingdom Creamery. When Scout doesn't make the ingredients on their own, they source them from local farms such as Adam's Berry Farm and Half Pint Farm.

This week's flavors include: vanilla oak, black current cucumber shiso sorbet, honey lime chocolate chip, beet marmalade black walnut, candied plum black



PHOTOS BY MARIANNA NOWACKI

Counterclockwise from top left: Misery Loves Co. overlooks the Winooski Circle. Laura Sullivan, '16, holds a Citizen Cider Dry while watching TV at the Mule Bar. A map of all the locations visited. From Google Maps. A collection of artisanal bags hang in the retail space of Birdfolk Collective.



walnut, sweet pea and apple miso.

Hurry though! Scout closes at 7:00 p.m. and you do not want to miss their ice cream (even as the weather gets colder).

5 Mule Bar
7:30 p.m.
38 Main St.
\$\$

Travel back down past Misery Loves Co. to the Mule Bar, a watering hole with a woodsy atmosphere. Between their average of five tap changes per day (showing off breweries like Hill Farmstead) and their unique cocktails such as the Winooski Circle, your mouth will not run dry. For a non-alcoholic option, opt for Rookies Ginger Beer, a locally made craft soda.

If you're not full yet, Mule Bar, a self-proclaimed gastropub, also specializes in serving 'craft food,' ranging fromoutine to their 'Mule Bar Burger.'

6 The Monkey House
8:30 p.m.
30 Main St.
\$\$

When you're ready to go, the next destination isn't too far. Two doors down is

The Monkey House, a local music venue. They have shows nearly every night, often starting at 8:30pm. Shows are relatively cheap as well: most of time entrance for 21+ is free and 18+ is usually \$5 at most. The bar also has an impressive, local craft beer tap list including breweries like Lawson's Finest Liquids and Fiddlehead. Did you like the Rookies Ginger Beer soda you got at Mule Bar? It's on tap here as well.

The Monkey House is extremely supportive of local bands and comedians. If you're looking for a venue, shoot them an email via their website.

On November 11, The Monkey House is hosting an evening of Film Trivia (5:30-7:30pm) to benefit the Vermont International Film Foundation. It is part of The Monkey House's 'Winooski Wednesdays Quiz for a Cause,' a monthly themed trivia night benefitting different non-profits.

The next time you and your friends are planning on heading into Burlington for dinner, stop before crossing the Winooski River. You may just find your new favorite restaurant.

Expense estimates are taken from Yelp.com.

Adult coloring books: stress relief or just a trend?



ILLUSTRATION BY CYNTHIA EMERLYE

By Meaghan Glendon
Visuals Editor

Most students in the library seem frenzied and stressed. They miserably stare at their computers or take laps around the library to procrastinate, but not Shea Ingham, '19. She sits in the same armchair for hours remaining focused and looks calm — even happy. From afar it looks like she is writing and doing homework but upon closer inspection, one can see that she is meticulously coloring in intricate shapes and patterns.

"I've been coloring a lot lately, I colored for five hours yesterday," admitted Ingham who recently started using a mandala coloring book as a method of stress relief. "I needed it though, it was a rough week."

Kathy Butts, director of Personal Counseling, has recently been recommending coloring more and more as a way to relieve stress and anxiety. There are even coloring books and colored pencils in the waiting room of the Bergeron Well-

ness Center for anyone to use.

"Coloring is great because it's pretty low-commitment" Butts said. "You don't even have to leave your room."

"It's helpful because if I'm oversteering or overthinking, which is often, it's nice to do something mundane that I can control", Ingham said. "It's very calming."

Initially Ingham didn't think she would have the time to color, but she enjoys it so much that she has been making time. It helps her feel zen and she has found that she is often more productive after spending time coloring she said.

Mandalas are symmetrical, organized, circular designs where the central point is of utmost importance. The word "mandala" comes from the Indian language Sanskrit and loosely translates to mean circle. Mandalas represent wholeness and are considered aids to self-discovery and meditation by encouraging reflection on the self and the surrounding world.

The beauty of mandalas is that the design is repetitive. Anything repetitive helps keep your mind engaged but on a

level where thinking doesn't exist," said Cynthia Emerlye.

Emerlye is the owner of Emerlye Arts. She is a VT artist who makes a living designing and selling coloring paraphernalia ranging from coloring books to greeting cards. She has a background in art therapy and also works as a life coach and counselor. She uses coloring as a method to help her clients calm down and focus.

Active Minds, a St. Michael's club, promotes awareness about mental health. Each semester, Active Minds runs a Stress Less week and during this week they use coloring as a means of de-stressing according to Mike McCarthy, '19, co-president of Active Minds.

"A lot of people think it's childish to be coloring but when you start just relaxing and putting societal judgments behind you, that's when you can relieve your stress," McCarthy said.

"Most of my clientele is middle-aged," Emerlye reports.

The market for adult coloring books has exploded. On Amazon, the first op-

tion that pops up when searching "coloring books" is called, Adult Coloring Book: Stress Relieving Patterns. This adult coloring book is more popular than the Disney Frozen jumbo coloring book.

Although Emerlye tends to sell her work privately, a publishing company contacted her to do a coloring book of mandalas. The book was published in July and in the first six months the book sold 10,000 copies in the United States and 19,000 copies in France.

"Drawing can be stressful and is challenging," Emerlye said. "The beauty of coloring is that the drawing is already done. You just have to choose your colors and put them down."

"Waves are fickle, five years ago this practically didn't exist," Emerlye said. Adult coloring books could be just the hot new trend or they could prove to be a lasting and manageable way to focus, center oneself, and relieve stress. You should try it out, feel free to color on the mandala pictured above. It is an Emerlye Arts design.

Classic hip-hop re-invents the airwaves



By Michael Comitini
Lifestyle Editor

Following a national trend that has been flourishing in other areas of the United States, Kiss 104.3 has brought the Burlington area their very first classic hip-hop radio station. According to T.J. Michaels, program director at Kiss 104.3, there was only one option for the type of music that could be played on a new frequency and that is classic hip-hop.

"Hip-hop as a genre has come to maturity in the sense that its audience is multi-generational as never before," said Ernesto Aguilar, program director at KPFT in Houston, in an email inter-

view with *The Defender*. "The kids who listened 25 years ago are settled in their lives and have memories of artists, just like fans of other classic genres."

There are many obstacles to the revival of a radio station and even more for one that plays hip-hop; a genre that is plagued with profanity, misogynistic remarks, violence, and drug culture. Considering these elements, Michaels said he was surprised there wasn't any push back from listeners. Although this could have been their biggest hurdle, they actually had difficulty getting their studio ready to play the likes of Notorious B.I.G and MC

Lyte. The radio station played Christmas music constantly from last fall until July 15, when they reintroduced classic hip-hop to listeners in Plattsburgh, Burlington, and as far north as St. Albans.

Michaels and his team researched the demographics in the area and decided there was a healthy audience waiting for hip-hop. There is a misconception those people ages 30 to 50 will only listen to radio stations that play rock 'n' roll or easy listening pop music.

Radio station i94 in Indianapolis, has shown some promising statistics to Kiss 104.3 as they went from being the fif-

teenth most listened to the first within a month of changing their format to classic hip-hop.

For the team at Kiss 104.3, it only made sense to change their format said Michaels. Classic hip-hop is being sought because we are brought to a nostalgic state where hip-hop and music in general was "real." Artists were rapping about trials and tribulations they had overcome and for some, were still living through. These stories carefully rhymed over instrumental beats are relatable to just about anyone.

Although Kiss 104.3 hasn't faced to much pushback, Aguilar warns that "It is incumbent on listeners and station management to treat hip-hop as more than content, but as something with a diverse history."

Hip-hop is more than just a genre. There are so many historical and socio-economic elements that creates a lifestyle that goes beyond just music.

"When we convey music genre's backstory, there's tremendous risk at letting prominent names define what the average person knows of music."

"The kids have their radio stations playing pop music; now adults have their own," said Michaels.

Album review: State Champs' "Around The World and Back"



By Robert H. Litchfield
Sports Editor

Pop punk sensation State Champs has come out swinging with the debut of their second full-length album "Around the World and Back." The album, which was released on Oct. 16, features 11 tracks ranging from upbeat pop punk to acoustic jams reminiscent of their latest EP, "The Acoustic Things."

State Champs is one of the most up-and-coming young bands in the pop punk genre. With other bands like Handguns, The Story So Far, Knuckle Puck and more making their way into the scene, State Champs manages to equivocally (and

quite masterfully) differentiate themselves from the rest.

Their single, "Secrets," illustrates the strengths of the band as a whole with its contrast of traditional pop punk rhythm and melodic lead guitar riffs orchestrated by guitarist Tyler Szalkowski, 24. This song is the most upbeat and catchy on the album and evokes nostalgia of older pop punk bands like All Time Low and Simple Plan.

Lead singer Derek DiScanio, 23, also offers amazingly clean vocals that work well with the aggressive instrumentals. "Losing Myself," best exemplifies his ability to layer poppy vocals over the harsh punk rhythm.

State Champs was formed in 2010 out of Albany, N.Y and signed with Pure Noise Records in April of 2012. While some members used to be in hardcore/metalcore bands in their younger days, they ultimately decided to switch over to pop punk because it was trending and because they wanted to be different than all the other heavy bands in town.

"I think that pop punk is back in a big way; there's just so much more room to be creative than other genres, so a lot of mu-

sicians are starting to tap into that," said bassist Ryan Graham, 26, in an interview with "Beers With The Band."

Former drummer of At Arms, Marc Wiley, 25, is an Albany native who grew up in the same scene as State Champs. "They rose to fame as quickly as they did because they work hard with a great deal of integrity," he explained. "They also just write really killer music. It's not forced or prepackaged for fame - they're just incredible at what they do."

Their work ethic certainly shows off in "Around the World and Back," which features moving lyrics that tap into a variety of emotions. My favorite song off the album, "All Or Nothing," is a transparently heart-pouring message about leaving a serious relationship to take a chance and explore the unknown; in this case, the open road. DiScanio sings, "It might be the way you're always staring at me, if I stay or if I go and risk everything. She said 'it's all or nothing.'"

This song struck an emotional chord with me, as it brought back memories of when I was forced to choose between a relationship and the chance to try something new. After ultimately siding with

the unknown, I've always wondered what could've been had I stayed. State Champs perfectly captures the essence of this feeling and show that letting go is never easy.

Zach LaPoint, '17, says State Champs is one of his "top five" favorite bands. "I think the new album is a little more poppy than their previous stuff, but it works really well for them," he said. "What sets them apart from other pop punk bands is that they tie in more pop elements than other bands tend to do, which leads to more upbeat, fun songs. The album is very catchy and well-written."

"Around the World and Back" is the band's second LP following their breakthrough album "The Finer Things," which was released in 2013. State Champs will appear at Higher Ground in South Burlington with Rarity, Broadside and Transit on Dec. 18, the final day of the fall semester at St. Michael's College. Don't miss this great opportunity to check them out.

Robbie is a junior media studies, journalism and digital arts major. He can be reached at rlitchfield@mail.smcvt.edu.



Take back the knight

Raising awareness of sexual assault on campus

According to the National Sexual Violence Resource Center, one in five women and one in 16 men are sexually assaulted while in college.

Out of millions of human beings, a significant portion of them will be sexually assaulted while pursuing their studies.

In this semester alone, a mere nine weeks have passed. In those nine weeks, there have been three reports of sexual assault on the St. Michael's College campus. While this number may seem like three too many, there is justification to the high report.

"People seem to be getting more comfortable with reporting it, rather than there actually being more accounts of sexual assault on campus," said Maggie Phelan, a founding member of the SMC Feminist Club, when asked why there has been a spike in reports of sexual assault on campus. For 2014, the total number of forcible sexual assault reports on campus was four. In 2013, it was one. "However, I do think there has been more than three this year, as much as I hate to think that."

Sexual assault is a sensitive topic to many and is difficult address, especially on a college campus. What I believe is most important to note is that the issue of sexual assault is not new; rape and sexual assaults have been happening across the country at colleges and universities for years, and have often flown under the radar.

"I absolutely think that sexual assaults have been happening all along," said Dawn Ellinwood, dean of students and vice president for student affairs at St. Michael's, in regards to this semester's reportings being higher than previous years. "As they are on any college campus."

What is different about this semester is that the assaults are now being reported.

When many people talk about the atmosphere of St. Michael's, one of the first words they often use to describe it is "safe." However, when the issue of sexual assault is brought into the picture, people tend to ignore that it can and has happened here, in order to project that "safe" connotation.

"Everyone thinks that St. Mike's is such a community and many consider it their home," Phelan said. "If you don't know someone that it has happened to, then it is easier to pretend like it's not really there."

While I am by no means saying that these unfortunate actions define our college, or that St. Michael's is not a safe place to reside, if the number of reports continues to grow, then it is easy to let



PHOTO BY PAIGE LEAHY

Samantha Stolar, '18, (right) and Sammy Sidorakis, '18, (left) participate in the SMC Feminist Club's sexual assault awareness rally on Wednesday, Oct. 28 at St. Michael's College. Those in attendance did not let the dull weather affect their message.

them negatively define who we are and what we stand for.

In an effort to raise awareness surrounding these recent campus reports and the overarching issue of rape and sexual assault, the SMC Feminist Club held a rally on Wednesday, Oct. 28 on campus. The demonstration included posters, chanting and parades through Alliot, with at least ten participants.

An ill-fated result of the club's efforts to raise awareness was the backlash from select students; laughter, unnecessary pointing and uneducated responses to the club's actions were among the negative repercussions.

"It's really unfortunate that it has to be this way," said Maddie Braz, an active member of the SMC Feminist Club. "But I guess that's why we're doing it."

No one should feel like they deserved to be sexually assaulted or raped. Sexual assault is a hideous crime that can and will be addressed on our campus. What is needed is respect, cooperation and understanding from the campus population.

There is no room for ignorance towards issues of sexual assault. Instead of viewing the reports as an unfortunate occurrence, it is rather more important to recognize that students and victims are finding it easier and are more comfortable to reach out for help.

"Opening the lines of communication and understanding what sexual assault is leads to more reports, which shows that people are feeling more comfortable

about the issue and in reporting them," Ellinwood said. "Of course I'm sad it's happening on campus, but I'm happy that it's being reported."

There are a variety of resources across campus that victims and witnesses of sexual assault can contact, report to or simply reach out to, including the campus LiveSafe App, Public Safety and Personal Counseling.

Sexual assault is not a laughing matter; it is something that *does* exist on our campus. I ask you to please contribute in taking back the knight; in raising more awareness about the issue of sexual assault, both on and off campus; to not turn a blind eye to reports and victims; to ultimately recognize that yes, it does happen here too.

PAIGE LEAHY
CO-EXECUTIVE EDITOR

MISSION STATEMENT

We, the voice of St. Michael's College, strive to create high quality journalism collected on a foundation of integrity. We represent the pulse of our campus by facilitating a forum for informative, enlightening and thought-provoking conversation. Through in-depth reporting, accurate storytelling and exceptional visuals, The Defender aims to professionally and ethically deliver the truth to our diverse audience.

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U.S. media neglects Canadian election

Lack of access to information causes stir on Church Street



By Anna Ste. Marie
Features Editor

You've seen the videos before: a comedian or celebrity takes a microphone and camera out into a busy public area and asks unsuspecting passers-by questions that they likely will not know the answers to. The ignorance gets mashed up into a cringe-worthy video which ultimately embarrasses the participants on national television, or better yet, the world wide web.

Church Street was the backdrop of a video posted by Adam Susser, YouTuber and comedian, on Oct. 26. Staying true with this familiar format, Susser showed random people a photo, and asked them if they recognized the clean-shaven, 43-year-old man.

The display of ignorance was nothing less than spectacular. Some guesses included a wrestler, model, cancer survivor, and my personal favorite, someone who is famous for canoeing.

The man in the photo was Justin

'Canadian Politics and Government' at St. Michael's, explains, the 2015 election was historically unique and internationally monumental.

"The most remarkable aspect, and this has never happened before, was that the Liberal Party, which was in third place in the number of seats in parliament (a historic low for the party), jumped ahead and formed a majority government," Ayres said.

This underdog victory brought the Liberal Party from having a 36-seat presence in the House of Commons to 184 seats (170 seats is considered the majority in Canada's parliamentary system), the biggest numerical increase in Canadian history. Additionally, the 2015 campaign period was the longest ever, clocking in at 78 days. "Canadians had the opportunity to be a little more reflective, weigh the issues, watch the debates, and ultimately be more engaged in this election," Ayres said. Voter turnout was 68 percent according to Ayres, which is a seven percent increase from the last election.

So why do Americans, who share a 1,538-mile border with Canadians, know nothing about this momentous election? Adrie Kusserow, professor of Anthropol-



ILLUSTRATION BY MEAGHAN GLENDON

Bank, and has never been involved in an armed conflict against the U.S. Because of this, major mainstream sources don't prioritize coverage of Canadian news, and in the long run, both Canadians and un-

problem is to just look at Canadian news sources if you're truly interested in Canadian news, but millennials don't consume our news this way. We want to get our news from the same places our friends, families, professors, and future employers are getting their news from. Data released by the American Journalism Review indicates that American audiences want to consume their information from American news sources. Nine of the 10 most popular news sites in March 2014 were American sites.

"Determining who receives media coverage should be a much more democratic process," Kusserow said. She's suggesting that if I want to hear about Canadian elections, I should be able to express that concern, and then have that wish fulfilled. "But it's a tricky situation because if people are exposed this kind of media to begin with, there will be no interest to further seek out better foreign coverage."

Next time you're on Church Street and someone approaches you with a question you don't know the answer to, don't be embarrassed by your lack of knowledge. The source of your ignorance isn't always your flawed media habits, but rather, the flawed habits of your media.

Anna Ste. Marie is a senior media studies, journalism and digital arts major. Contact her at astemarie@mail.smcvt.edu.

“Some millennials look no further than social media slander for their news, but for those of us who search the New York Times, Wall Street Journal, Washington Post, and still cannot find the information we're looking for, that is a problem beyond our control and blaming us is not the solution.”

Trudeau, and there's a high likelihood you don't recognize his name either (with the exception of those who read the election article on page five prior to this). You know that country about 40 minutes north of St. Michael's campus? Well, Trudeau's Liberal Party won a majority of the seats in the House of Commons in the Oct. 19 federal election, which means Trudeau is Canada's 23rd prime minister.

To my utter dismay, following Canada's most pressing news story of the year isn't exactly an easy task for an American; not even for me, an American who grew up less than five minutes from the Canadian border. That's because, despite countless Google searches in early October, I was only able to find one news story produced by an American media outlet containing any mention of the election.

And that's not because this election wasn't newsworthy. As Jeffery Ayres, dean of the college and professor of the course

ogy who teaches the course 'Anthropology of Media,' suggested there are many political and economic forces that shape what we read, watch, and hear about the rest of the world. She pointed me to the work of Ethan Zuckerman, founder of the news platform Global Voices. In his book "Rewire: Digital Cosmopolitans in the Age of Connection", Zuckerman writes "For some US news sources, GDP [of a country] explained 60 percent of the variation in news coverage..It's disconcerting to conclude that US media have such a pronounced financial fetish and so little interest in poorer nations." The other big factor, Zuckerman claims, is US military involvement, which explains the heavy coverage of countries like Iraq and Afghanistan.

Despite being America's northern neighbor and largest trade partner, Canada ranks number 11 in the world for gross domestic product according to the World

aware Americans are losing out.

Millennials take the hardest blow from this skewed media paradigm. All too often we are the unknowledgeable stars of these viral videos and TV segments like Susser's, and we've gained the grisly reputation of being narcissistic, oblivious, and uninterested. Although these claims do hold some degree of truth, they are exaggerated and generalized by these kinds of videos. But even in the occasional cases in which millennials do prove that these sweeping assumptions are true, it's simply not our fault.

Sure, some millennials look no further than social media slander for their news, but for those of us who search the New York Times, Wall Street Journal, Washington Post, and still cannot find the information we're looking for, that is a problem beyond our control and blaming us is not the solution.

Of course, the simplest solution to this

Letter to the editor: adjunct union

I was disappointed to read recently two letters to the editor of the Defender, from October 15, 2015, focusing on the adjunct union negotiations, both of which contained statements that misrepresented the truth and may have made a delicate negotiation process that much more challenging.

Adjunct faculty members are important and valued contributors to the quality liberal arts education our students receive at Saint Michael's College, and I have the utmost respect for the work adjunct faculty do. Throughout the summer and now into the fall semester, the College bargaining team, of which I am a member, has met many times with the Service Employees International Union and with adjuncts, in cordial and constructive bargaining sessions, reaching tentative agreement on a wide range of adjunct concerns. Unfortunately, at this time we have not reached agreement on wages, but I remain hopeful and optimistic that we will reach agreement on a fair contract in the near future.

I appreciate that individuals have strong

and differing opinions on this issue, but I would argue that it is important that we all maintain a perspective that permits patience and tolerance of differing views.

First, let me be clear that the bulk of tuition costs go directly towards supporting the education of our students. Total College revenue from tuition and fees is approximately \$86 million for FY16, with nearly half of those funds supporting student financial aid. Of the remaining \$46 million, roughly 70 percent is spent on faculty salaries and benefits (\$18M total), instructional supplies, library, academic support, study abroad, instructional travel expenses, student research opportunities, artistic performances and related academic expenses. It is simply untrue that "tuition costs and administration salaries are never reduced, but grow at a much higher rate every year than adjunct or other faculty raises." Since 2008, faculty and staff/administration salaries have increased at the same rate, between 0-2% per year; in at least two of the preceding eight years, faculty and staff/administration did not receive a salary increase at all, and in two

years, the senior administration agreed to a salary cut in order to help with budget shortfalls (in both cases, the cuts were restored when funds became available at the end of the fiscal year).

Moreover, while adjunct faculty again plays a crucial part in the overall education of our students, it is incorrect to state that "with nearly 50 percent of the faculty being adjuncts, the message to students is a cynical one." In fact, adjunct faculty teach approximately 20 percent of all undergraduate courses, and the percentage of courses taught is a much more important measure than head count of faculty. Furthermore, it is inaccurate to suggest that an adjunct's responsibilities are the same as those of full-time faculty. Full-time instructors at St. Michael's College teach seven courses a year, and are expected to be on campus, meeting with and advising students on a full-time basis, while tenure-line faculty, in addition to extensive campus-wide service, are expected to establish themselves through research productivity as scholars in their fields. Full-time instructors and tenure-line fac-

ulty have departmental and institutional responsibilities (attendance at departmental meetings, admission events, etc) and professional development and research expectations that are not similar to what is expected of adjunct faculty. Adjunct faculty have part-time positions and as is the case in other industries, adjuncts are paid on a part-time basis, with compensation for positions with greater teaching, research and service expectations a legitimate means of differentiation.

Let me reiterate that there is no question about the commitment of adjuncts to the mission of the College and to our students. I am also certain that the College is committed to negotiating a fair contract for adjuncts and will continue to bargain in good faith with the union until we obtain one in the near future.

Jeffrey Ayres
Dean of the College

This letter to the editor has been edited for space purposes. To see the full version, go to defender.smcvt.edu



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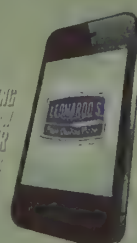
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Men's basketball shoots for success



PHOTO BY SCOTT GAUDION

Morrell Gaskins, '16, dunks the ball at a practice on Thursday in the Ross Sports Center.

By Scott Gaudion
Sports Editor

The month of November is a month of changes. Changes in the colors of the leaves, changes in the weather, and for St. Michael's athletics, changes in uniforms. A new sports season is upon us, and the men's basketball team is looking to improve on their 18-11 record from last season.

"We're really excited for the season, we've got a great group of guys on the team," said head coach Josh Meyer. "We've been working really hard and are looking forward to getting started."

Meyer says that one of the good things about college sports is that there are new players to work with every year and the team is constantly changing. When seniors graduate, new first-years are brought in and this allows for a change in the team yearly. It also allows the younger players on the team to grow more and become leaders, so when a team graduates a group of seniors who all had a solid contribution to the team, the team does not have to completely rebuild and can rely on the sophomores and juniors.

"A lot of people think it's a rebuilding year, but we have four seniors coming in, as well as two juniors," said captain Greg Grippo, '16. "All of us came from great high school teams and were pretty successful in high school."

communicating well and is cohesive in practices this year.

"They've really done a great job and contributed a lot to the program since they've been here, and it's exciting to see them have an opportunity to be older guys and step up into new roles, to lead the team as upperclassmen and captains," Meyer said. "They're doing a terrific job at that."

Even though the team is bringing back six upperclassmen this season, they also graduated six seniors last year. However, they are bringing in four new first-years: Derek Cheatom, Stan Foster, Levi Holmes III (a high school teammate of Grippo's), and Winston Jones II.

"We want them to learn as much as possible," Meyer said. "That's the biggest thing for first-year student-athletes; learning how to be college student-athletes and setting a foundation for things moving forward, and competing on a day-to-day level to help us get better."

"The first-years are coming along well," Bonds said. "They've really been picking up what we've been trying to teach them. They're really going to help the older guys and help us get better and hopefully help us out on the court."

As far as big games this year, Meyer said all of the games are big games to the team.

"The league is really good," Meyer said. "You have 15 teams in this league that really compete on a night-to-night basis and there are no easy

"We have a really gritty team, and that really separates us from last year."

-Greg Grippo

"Our main goal for this season is to finally get to the NCAA tournament," Grippo said. The team has come up short the past few seasons. "We have a really gritty team, and that really separates us from last year and this year."

According to Grippo, this season is all about sharing the credit. No one cares about individual roles, the team is just working hard to come together and ultimately win and be more successful than years past. The team is trying not to fall apart at the end of the season as they did the past two years.

"We want to build on what we learned from last year," said co-captain Matt Bonds, '17. "We want to go further into the NE-10 playoffs and make it to the NE-10 championship and go into the NCAA tournament."

According to Bonds the team is

games, so I think every game is a big game. Every game really matters."

The men's basketball team will play their yearly exhibition game against the University of Vermont on Saturday at Patrick Gymnasium, the home court of the University of Vermont basketball teams, and will officially kick off the season in the Saint Thomas Aquinas Tournament at Saint Thomas Aquinas College in New York on Nov. 14.

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RALSTON CONTINUED:

While folks back home are idolizing Ralston for his impressive efforts abroad in Hawaii, he was the one who was star-struck.

"Lining up next to world champions like Ben Hoffman and Julie Dibens was a little nerve racking," he said.

Both Hoffman and Dibens hold World Championships from XTERRA and Ironman competitions. Ralston said he dreams of one day reaching those goals, and holding a world title of his own.

"He brings an unparalleled level of commitment and work ethic to our team," Hall observed. "He's improved so much purely through embracing hard work. We're very proud of his performance at XTERRA."

Ralston's return to the mainland looks as busy as ever. He will continue training, swimming, and playing lacrosse in preparation for future competitive events.

"Athletically, I want to win collegiate nationals in the triathlon," he said. "I want to qualify for NCAA's in swimming. I could even break some school records in lacrosse. Academically, I just want to graduate."

Ralston and his swimming and diving teammates begin their season later this month. The team hosts Merrimack College Friday, Nov. 13 and Clarkson University Saturday, Nov. 14 in the Ross Sports Center.

"Placing well in this competition will give me confidence going into my next event," he said. "I now know that I can hang with the best in the world."



PHOTO COURTESY OF BARRY RALSTON
Spencer Ralston '18, eyes the finish line at the XTERRA World Triathlon Championship Sunday in Kapalua, Hawaii.

Mets' untimely collapse leads to Royals' victory



PHOTO BY MATT SLOCUM/AP

New York Mets' Daniel Murphy reacts after missing a ground ball hit by Kansas City Royals' Mike Moustakas during the eighth inning of Game 4 of the World Series Saturday in New York.

By Robert H. Litchfield
Sports Editor

After a heart-breaking loss to the San Francisco Giants in Game 7 of the 2014 World Series, the Kansas City Royals entered 2015 looking for revenge. They got what they were looking for Sunday night with their championship-clinching 7-2 win over the New York Mets, defeating them in just five games.

Their ultimate success against the Mets in the World Series can be attributed to three main reasons. First, the Royals had one of the best offenses in baseball. They were second in hits (1,497), third in doubles (300), and third in team batting average (.269) around the league.

The Royals also donned the lowest strikeout rate in all of baseball at just 17.4 percent. For a pitching-dominant team such as the Mets (who rely on their ability to strikeout batters), fielders were forced to be on their toes more than usual, which led to some crucial errors, such as Daniel Murphy's fielding error in Game 4 that cost the Mets their lead. In contrast, the Mets swept the Chicago Cubs in the NLCS, a team that held the highest strikeout rate in baseball at 27.6 percent.

Second, the Royals' success can also be credited to their timely hits throughout the series. Every night, it was someone new stepping to the plate and delivering the clutch hit they needed to take the

lead.

In Game 1, it was Alex Gordon's game-tying home run to straightaway center in the bottom of the ninth inning. In Game 5, it was Eric Hosmer who doubled in Lorenzo Cain and later scored to tie the game in the top of the ninth. Even Christian Colon, who had not been productive in the series to that point, delivered a pinch-hit single in the top of the 12th to give the Royals the lead.

However, the third and biggest reason the Royals won the World Series was because the Mets simply played bad baseball. This is not to entirely discredit the Royals — they by all means earned it —

For one team, the 2015 World Series marked the comeback of a lifetime. For the other, it started a comeback script of their own."

but the Mets certainly did not play up to their full potential.

After gaining so much momentum with their defeat of the Dodgers and Cubs, the Mets started out strong against the Royals. Daniel Murphy was coming off of seven straight games with a home run, Jacob deGrom was pitching at a Cy Young level and the runs kept pouring in. Through the first eight innings of Game 1, right-hander Matt Harvey and the Mets led the Royals 4-3.

However, things quickly turned sour when Mets manager Terry Collins brought in closer Jeurys Familia, who gave up a solo homer to Alex Gordon and blew the save opportunity. The Mets lost all momentum, losing 5-4 after an Eric

Hosmer walk-off sacrifice fly in the 14th inning. Eight of the Mets' 14 outs in extra innings were for strikeouts.

The Mets held the lead at least once in every game of the series, but gave up crucial runs in the later innings, failing to return the blow each time. This lack of clutch, timely hitting proved to be costly to the Mets success.

Playing small ball also would've helped the Mets tremendously, but they insisted on swinging for the fences. Although the Mets out-homered the Royals 6-2 in the series, the Royals out-hit the Mets 47-35. The Royals also scored 27 runs opposed to the Mets' 19 and stole seven bases compared to the Mets' one.

Even the starting pitchers who were dominant throughout the entire post-season hardly made an impact. With the exception of Noah Syndergaard, the Mets pitching was embarrassing, sporting a combined 4.21 ERA. Familia and the rest of the bullpen, who had been overpowering all year, blew all three of their save opportunities. Between the NLDS and NLCS, they had been five for five.

Despite a rather lopsided 2015 World Series, both teams are very young and talented and we can expect great things from them for years to come. For one team, the 2015 World Series marked the comeback of a lifetime. For the other, it started a comeback script of their own.

Robbie is a junior media studies, journalism, and digital arts major. He can be reached at rlitchfield@mail.smcvt.edu

Cross-country championship lands at SMC



PHOTO BY KIM MACPHAIL

The men line up at the start of the 8k NE-10 Cross Country Championship Sunday, Oct. 25 at St. Michael's College.

Upcoming sporting events

Volleyball

11/6 vs. Adelphi 6 p.m.
11/7 vs. Pace 1 p.m.
11/13 at Lemoyne
11/14 at St. Rose

Cross Country

11/8 at NCAA Regional Championships

Men's Hockey

11/6 at UNE
11/7 at Southern Maine
11/13 vs. NEC 7 p.m.
11/14 vs. St. Anselm's 4 p.m.
11/17 vs. Stonehill 7 p.m.

Women's Hockey

11/6 vs. Plymouth State 7 p.m.
11/7 vs. St. Anselm's 1 p.m.
11/13 vs. Southern Maine 7 p.m.
11/14 vs. UNE 1 p.m.

Men's Basketball

11/7 at UVM 4 p.m.
11/14 at St. Thomas Aquinas
11/15 at Molloy
11/18 at Franklin Pierce

Women's Basketball

11/7 at UVM 1 p.m.
11/13 at Shippensburg
11/14 at Lock Haven
11/18 at Franklin Pierce

Swimming and Diving

11/7 at Colby-Sawyer
11/13 vs. Merrimack (W) 4 p.m.
11/14 vs. Clarkson 1 p.m.

By Kim MacPhail
Staff Photographer

Crowds of students, families and teammates wildly cheered as Ross Henry, '17, and Torin La Liberte, '17, went head to head, sprinting side by side, giving their last ounce of energy to cross the finish line of the NE-10 Cross Country Championship.

Sunday, Oct. 25 marked the first time in six years that St. Michael's College hosted the Northeast-10 Men's and Women's Cross Country Conference Championship race. This is the seventh time the college has hosted the Championship meet. Out of the 15 teams racing, the men placed 10th and the women placed 15th.

"It's especially nice for a sport like cross country where unlike field hockey or soccer, they don't get to play home games," said St. Michael's Director of Athletics Chris Kenny, '86 M'98. "So to have a event of this magnitude at home was really special."

The course started in the 300's field, looped around the Duffy field complex, weaved its way through the Gilbrook trails and finished back at the 300's field.

At both the men's and women's race, over 350 spectators including St Michael's faculty, staff, students, runners' families and coaches, lined the trails cheering on the 149 female and 156 male runners.

"It was exciting to watch," said Amy Haggerty, '17. "We changed locations at least three times so we could watch the runners at the beginning, middle and end of the race."

At the finish line, runner after runner pushed their bodies to the limit sprinting the final 100 feet until they reached the long black flags marking the end of the race. Many athletes toppled over from fatigue only to be caught by the St. Michael's Athletic Training staff and teammates at the finish line.

The two top finishers for the men's team, La Liberte and Henry, ran close to each other throughout the race and finished with a side by side 100 foot sprint with La Liberte clocking in a tenth of a second ahead of Henry at 27:02.6. Henry

started racing for St. Michael's this season and is one of the team's top runners, finishing first for the college in four of the team's six meets. American International College's men's team took first place with two of their team members running 24:55.9 and 24:56.0 respectively.

In addition to placing one slot higher than anticipated by conference coaches in a pre-championship poll, the St. Michael's College men also had their best race since 2008 with three of their top five runners setting personal records for the 8k race.

"They always rank us lower and we always beat our ranking," said men's cross country head coach Joseph Connelly, '87. "It's kind of good to have that chip on your shoulder going in because we go out and show them and prove that we are better."

Molly Roush, '17, lead the St. Michael's women's team clocking in at 24:43 and placing 48th. Emily Calder, '19, followed Roush placing 63rd at 25:24 trailed by Brianna McKinley, '17, coming in at 26:03 and nabbing 86th. Stonehill College, ranked 16 in the latest U.S. Track and Field and Cross Country Coaches Association national poll, took home first place for the women's race.

"This year is definitely a building year due to so many new faces and losing a lot of our top runners from last year, but having this race at home I think pushed us a little more," said Roush. "You could see people smiling during the race. Even though the times weren't that representative of how much it helped, I think it really did."

Last year, the women made it to the NCAA Championship Meet in Louisville, KY where six of the team's top runners competed and placed 30th out of 31 schools. Roush and McKinley are the only returners from the Kentucky team.

Both teams are now in training for the NCAA East Regional Championship in Contoocook, N.H. Nov. 8. If either team places in the top three at regionals, they will continue on to the NCCA National Championship located this year in Joplin, Mo.

"The support is a big way St. Michael's

is represented," Connelly said. "I ran my first race here in fall of 1985 and it's always been so great. I don't care what the game is, field hockey, swim meet, tennis match, basketball, when you got the stand rocking like they were Sunday, it's real cool."



PHOTO BY KIM MACPHAIL

David Baird, '19 runs down a slight hill in the Gilbrook woods trails during the NE-10 Cross Country Championship Sunday, Oct. 25 at St. Michael's College. The men placed 10th at the meet.



A Knight in paradise: Ralston excels at XTERRA World Championship

By **Mark Yetter**
Sports Editor

Shortly after crossing the finish line at the XTERRA World Triathlon Championship, Spencer Ralston, '18, was faced with his last obstacle of the day, a beach littered with limp bodies of his fellow triathletes who had passed out from the intense competition. All he could think was, "I hope I don't join them."

Ralston placed 131 out of 838 competitors on

Sunday in Kapalua, Hawaii. He swam 0.93 miles in 22:40, biked 19.3 miles in 2:03:30, and ran 6.1 miles in 54:03 for a final time of 3:20:13. The performance was good enough to earn him eleventh overall in his age division (20-24). The twenty-year-old was the top American athlete in his age group.

"It was the most draining thing I've ever done," Ralston added. The St. Michael's sophomore is a dual-sport student-athlete in both swimming and lacrosse. Despite a jam-packed athletic and academic schedule, Ralston still manages to maintain elite

level conditioning.

"The latest he's ever woken up is 7 a.m.," said Matt Hanley, '18, Ralston's roommate and lacrosse teammate. "His day starts with a 5-7 mile run or a 10-plus mile bike ride, then he gets breakfast and goes to class."

"He does at least 5-6 hours of running, swimming, or biking each day," Hanley added.

"I was most nervous about the weather," Ralston said. "Coming from the emerging winter weather in Vermont, to the 95-degree weather in Hawaii was

intimidating." Ralston was initially able to avoid the heat, as he started his day in the water. "I finished top-20 in the swim, which gave me confidence, the day kind of just went as planned after that."

Ralston, who never swam competitively before stepping on campus, made the swimming and diving team as a walk-on last year. He attributes his strong swim performance to working with head coach Eileen Hall. "Since I started working with her in the pool, I've knocked off five minutes from my swim mile," he said.

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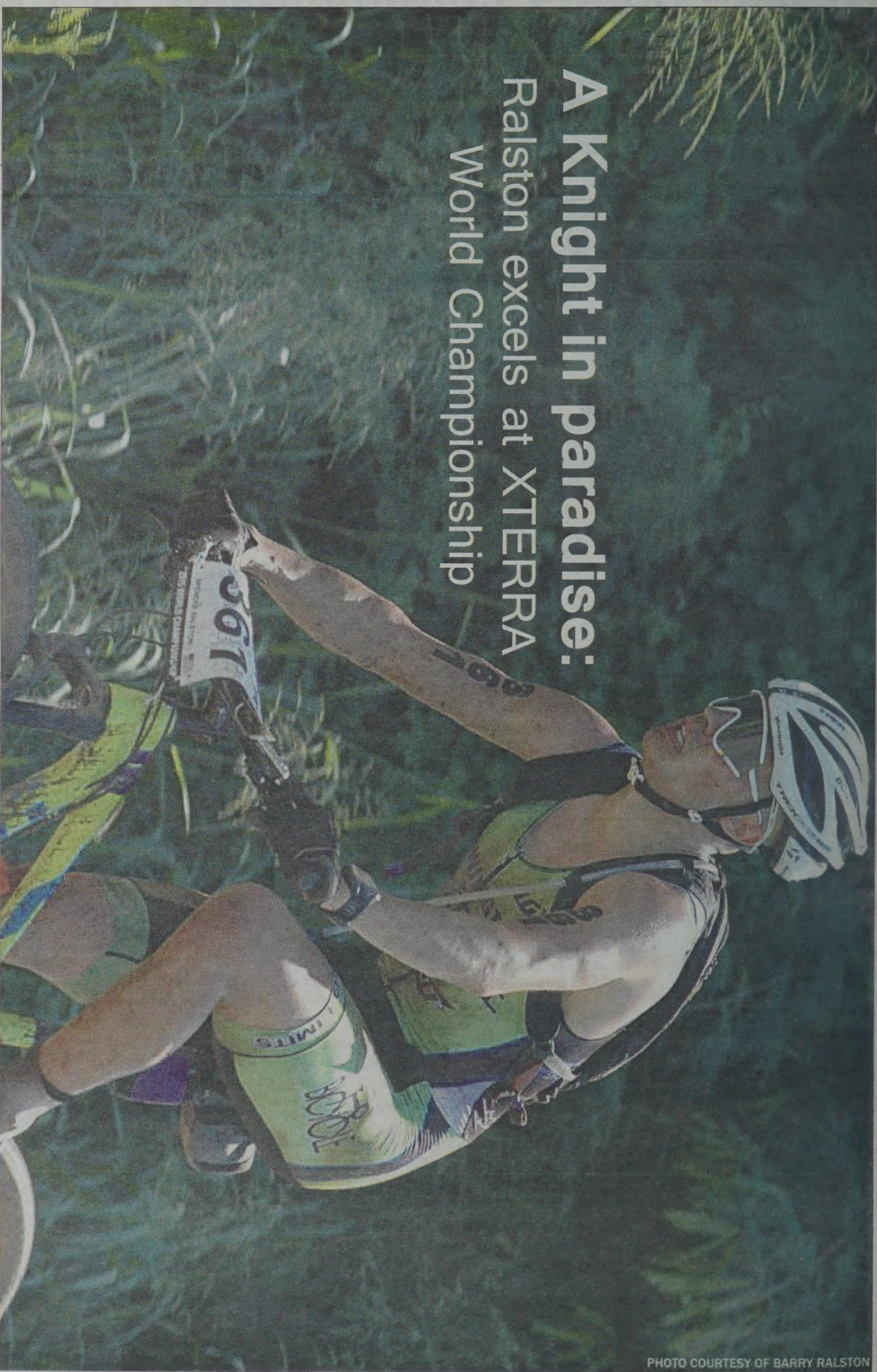


PHOTO COURTESY OF BARRY RALSTON